In the Claims:

1. (Currently Amended) A system for reducing human body weight ~~to a permanent optimal desired weight level~~, comprising:

a. a portable kit that includes a plurality of foods with a ~~known~~ predetermined total carbohydrate content, said foods spatially organized in levels, wherein each level includes foods of substantially similar carbohydrate content and wherein said substantially similar carbohydrate content varies from level to level; and

b. spoiling prevention means for keeping said foods from spoiling

whereby the system provides permanent weight loss by limiting a daily carbohydrate intake to said predefined carbohydrate content.

2. (Previously Amended) The system of claim 1, wherein ~~said plurality of foods is organized in groups of foods characterized by a substantially similar carbohydrate content,~~ each ~~of~~ said foods is contained in a separate container.

3. (Previously Amended) The system of claim 2, wherein said ~~containers of each said group of foods characterized by a substantially similar carbohydrate content are stacked in~~ levels ~~from a bottom level that includes with a maximal number of containers with foods characterized by a substantially nil carbohydrate content, to a top level that includes a minimal a number of containers with foods characterized by a high carbohydrate content.~~ vary from a bottom level with N containers of substantially carbohydrate free foods to a top level with M containers of high carbohydrate content foods, and wherein M<N.

4. (Previously Amended) The system of claim 3, wherein said ~~number of~~ levels includes three levels, said bottom level, a middle level and said top level, and wherein said bottom level includes four said containers, said middle level includes three said containers, and said top level includes one said container.

5. (Original) The system of claim 4, wherein said spoiling prevention means include cooling packs.

6. (Previously Amended) The system of claim 5, wherein said cooling packs are arranged in accordance with said levels to provide ~~optimal~~ cooling to each said container.

7. (Original) The system of claim 6, wherein each said level is color-coded.

8. (Original) The system of claim 7, wherein said color-coding is provided by said cooling packs being colored with a different color for each said level.

9. (Original) The system of claim 7, wherein said color coding include red for said top level, yellow for said middle level and green for said bottom level.

10. (Currently Amended) A method for reducing body weight in humans comprising the steps of:

a. ~~determining an optimal required~~ predifining a daily carbohydrate intake;

b. ~~organizing foods in a portable device~~ according to said ~~optimal required~~ carbohydrate intake, providing a portable kit configured to carry food containers arranged in levels, ~~each said level including foods with a substantially similar carbohydrate content~~, wherein each level includes foods of substantially similar carbohydrate content and wherein said substantially similar carbohydrate content varies from level to level, such that the total amount of carbohydrates in all containers does not exceed the predefined carbohydrate intake; and

c. freely consuming said foods throughout the day;

whereby the method provides permanent weight loss by limiting a daily carbohydrate intake to said predefined intake .

11. (Original) The method of claim 10, further comprising the step of cooling said foods to prevent spoiling.

12.(Cancelled)

13. (Previously Amended) The method of claim ~~12~~ 11, wherein said step of cooling includes positioning cooling packs between said containers in each said level.

14. (Previously Amended) The method of claim 13, wherein said ~~kit configuration includes~~ levels include a bottom level with a maximal number of substantially carbohydrate free foods, and additional stacked levels of progressively fewer said containers stacked above said bottom level, said stacking ending with a top level having a minimal number of said containers filled with foods of a maximal carbohydrate content.

15. (Original) The method of claim 14, wherein said additional stacked levels include a middle level inserted between said bottom and said top levels.

16. (Original) The method of claim 15, wherein said positioning of said cooling packs

between said containers in said three levels includes positioning color coded packs, each said level including packs of a similar color.

17. (Original) The method of claim 16, wherein said positioning of color coding packs includes positioning green packs in said bottom level, yellow packs in said middle level and red packs in said top level.

18. (Currently Amended) A portable dieting apparatus comprising:

a. an asymmetrically shaped kit that includes a plurality of food storage units; and

b. a plurality of foods having a known total carbohydrate content stored in said storage units by levels according to a carbohydrate content order, wherein each level includes foods of substantially similar carbohydrate content and wherein said substantially similar carbohydrate content varies from level to level;

whereby the apparatus provides a predetermined daily carbohydrate intake that leads to permanent weight loss.

19. (Original) The apparatus of claim 18, wherein said storage units are separate containers.

20. (Original) The apparatus of claim 18, wherein said storage units include separate compartments in a one-piece enclosure.

21. (Original) The apparatus of claim 19, further comprising spoiling prevention means to keep said foods from spoiling.

22. (Original) The apparatus of claim 21, further comprising color-coding means for marking said carbohydrate content order.

23. (Original) The apparatus of claim 18, wherein said asymmetric shape includes a substantially pyramid shape with a wide bottom and a narrow top, and wherein said plurality of foods stored in said storage units according to a carbohydrate content order include carbohydrate-free foods stored in storage units near said bottom and at least one carbohydrate rich food stored in at least one storage unit near said top.